

Green Bean Casserole

There are dozens of ways to create a green bean casserole. One can be created from fresh cut or frozen green beans. They can be a meal themselves, or a side dish to a festive occasion. Favorite vegetables to add to green bean casseroles include: corn, carrots, mushrooms, and potatoes. Potato flakes add a luscious layer of whiteness and flavor to the finished dish. Typically diced ham is the primary meat added, though occasionally, bacon bits can be a delicious alternative. Depending on the depth of the pan, a green bean casserole may take 1.5 hours to cook.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Butter (lactose)
- Cream of Mushroom Soup (gluten)
- Ham
- Mushrooms
- Onions
- Pepper
- Potatoes
- Pork
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:**Meat:**

- 1 cup of bacon bits, or
- 1 cup of ham

Vegetables:

- 2 (15 ounce) cans of green beans

Optional:

- 15 ounces of carrots
- 15 ounces of corn
- 8 ounces of mushrooms
- 1.5 cups of potato flakes

Other ingredients:

- Cream of mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:

1. Add to 2.5 quart oven safe pan with lid:
 - 1 cup of bacon bits, or
 - 1 cup of ham
 - 2 (15 ounce) cans of green beans
 - Gluten free cream of mushroom soup
 - Dash of salt
 - Spices, such as pepper, to taste
 - Optional:
 - 15 ounces of carrots
 - 15 ounces of corn
 - 8 ounces of mushrooms
2. Sprinkle 1.5 cups of potato flakes on top.
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 to 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.